

EMDR Myths vs. Facts

Clearing up common misunderstandings

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Healing
memories.
Brighter
tomorrows.



PEOPLE HEAL • LIVES CHANGE • HOPE GROWS

Myth

"I have to tell every detail of my trauma."



Fact

No. Many people can do EMDR without describing every detail out loud.



Myth

"EMDR is hypnosis."



Fact

No. You stay awake, aware, and in control.



Myth

"EMDR only helps soldiers or people with severe trauma."



Fact

EMDR is often used for trauma, but clinicians also use it for other distressing experiences and triggers.



Myth

"If I get emotional, it means the therapy is going wrong."



Fact

Strong feelings can happen, and your therapist helps you work safely and gradually.



Myth

"EMDR works instantly for everyone."



Fact

Some people improve quickly, but most people need preparation, pacing, and more than one session.



What is true across most EMDR work?



Preparation matters.



Safety matters.



The pace can be adjusted.



Healing usually happens over time.

Ask: Which EMDR myth worries me most?



Curiosity today.
Progress tomorrow.



Selected references

1. Shapiro, F. (2018). *EMDR Therapy: Basic Principles, Protocols, and Procedures*.
2. World Health Organization. (2013). *Guidelines for the Management of Conditions Specifically Related to Stress*.
3. VA/DoD. (2023). *Clinical Practice Guideline for PTSD and Acute Stress Disorder*.